# Positive influence of Uzbek national games on children's cognitive development and their disappearance in children's activity

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#### **ABSTRACT**

Many factors have a positive and negative impact on the child's development. The National games of Uzbek peoples have a significant impact on the growth of child are undermining today. Instead of playing physical activities, children are currently opting to play games related to computers, cell phones and other techniques. In fact, the computers or other technological games may boost child's mental abilities. However, it has many negative effects on the child development. In addition, throughout technical games, the child will not be physical active and it will negatively influence on physical development. In recent years, children have been forgetting to play national games. To identify level of playing the national games among children in the rural area survey was carried on. Result revealed that playing the national games are disappearing from children's game activity.

**Keywords:** Uzbek national games, cognitive development, perception, attention, memory, language, and thinking.

#### 1. INTRODUCTION

Period between 3 and 7 years of age is the child's playing time. This is the time when the child's knowledge is at its peak, and he actively perceives the world. At this period, his visual perception, language, thought and his attributes gradually evolved and his opportunities to learn the world expand. Games do not only require physical action, but also require mental actions. Folk games are designed not to spend time interestingly or not to console when children are becoming naughty. It was created to shape the child's abilities, to keep healthy and to give high spirit. The national games were taught by older people to young generation and in this order have been descended from generation to generation for many years. Today children are refused to play national games. Moreover, most of them are not aware of such games. The reason for this is that the parents are unable to engage with his or her children and that new method of playing and enjoying the games have widened. Although new types of electronic games or computer games are designed for the mental development of the child, they are far less productive than physical games. Now children spend their free time in front of TV or computers. Parents have found easiest way to pacify their children with cell phones and other technological devises when they are crying. As a result, children are exposed to the harmful rays emitted by them. The children's daily activities are daily physical activities are diminishing and their pursue time have changed dramatically from past generation. Decreasing of physical activities may cause various types of diseases.

Folk games are similar to some kind of sport, but it does not require a strong will in human being, it allows a person to have positive emotion, good moods and enjoyable time. The national games help children to develop muscle action, to be physically healthy and to eliminate stress because they require agility, charm and mobility. In recent years, the national games also were played in a community of children. But now they are remained as a symbol of national values on holidays or festivals. A few years ago children were playing collectively. As a consequence, children's sociality, partnerships and sense of friendship were better developed.

#### 2. BENEFITS OF THE NATIONAL GAMES IN THE CHILDREN'S COGNITIVE

## 2.1 Importance of the national games in the cognitive processes development

The National games include both physical and mental activities. Physical activity influence on cognitive development, showed significant and positive changes in language learning, academic achievement, attention, and working memory (N. Zeng, M. Ayyub, H. Sun, X. Wen, P. Xiang, 2017). Physical activity is fundamental to the early development of each child and affects many aspects of a child's health (G. King, M. Law, S. King, P. Rosenbaum, 2003). The supply of enough oxygen to the brain results in its functioning well. Physical activity in the game promotes connectivity between the nerve cells and the brain. As these connections develop, a child's fine and gross motor actions, socialization, personal awareness, language, creativity, and problem solving are improved (K. Wonderly 2017). The child is in regular motion through playing physical games. Due to its motor movements, learning process works faster. It helps to better improvement of cognitive processes. Of the 80% of scientific articles on physical activity related to child education, it has been mentioned that physical games have a really positive effect on cognition.

#### 2.2 The national games' role in the learning

Learning is the process of acquiring new, or modifying existing, knowledge, behavior, skills, values and preferences. Learning is one of the essentials for human development, from the day the baby was born, he or she begins explore the world. As an active observer, he or she gains new knowledge through experiences or creates new ones based on existing knowledge. The National games support a great opportunity for children to learn. For example, playing a game for a child who is just moving in the right direction will have a positive effect in all respects. From playing a new physical game learn new action and form motor actions. Moreover, collective games can give wide range of background to children in terms of motor skills, improving cognitive skills and social skills. Because of the fact that Uzbek games require teamwork or partnership, the child will be reluctant to start a new relationship during the game. Additionally, child can be more social person from the early childhood due to interact with his or her peer and adults. There is a common idea that the game is just a matter of physical activity. However, it does not require compulsory action from the children. Children start game with strong desire they do not need will because they participate actively in games. The child who wants to play is consciously joining the team to enjoy the game, carries out the action does not require any effort. In a team game, the child has the ability to behave in many ways, ability to behave in many ways, behave in the team, work for team and learn how to perceive himself and others. Finally, children can be skilled in problem-solving because of game's flexibility, changeable situations, and making decision on peak.

# 2.3 Attention development during the Uzbek national games

The Uzbek National games have significant effects on attention features development of children. Attention is the concentration of awareness on some phenomenon to the exclusion of other stimuli. One of the most pressing issues in today's children attention is the treatment of Attention Deficit Syndrome. There some kind of games among the Uzbek games which can help to treat Attention Deficit Syndrome. On game time, the child tries to concentrate his attention on a voluntary basis so that he or she can stay in touch during the game and the routine repetition of these movements result in regular behavior in the form of behavior. For example, one of our national games is "Yashin topoloq". The game is played on an open field and a large field is required to play. According to the rules of the game, one of the guys closes their eyes and looks at the wall. The rest of the children hide behind all things around. There is a security boy who stayed in front of the wall as closed his eyes. While that security starts to count up 100, other children hide away. After counting up 100 he begins to find the children. When he is searching the children he should also guard his own wall. The hidden guys hit the wall with hand and shout "Duke". They need to come without being seen him. If a child tells him his name before the child starts "duking" with his hands, the child loses and goes straight to the list of participant. This game will help to keep the child alert to control hidden children, detect things that children hidden, surrounding people and his wall. The child has to concentrate his attention a point to do these tasks. The game has a positive effect on the child's attention and increases attention flexibility. First, it increases the scope of attention, as the child should pay attention to many things and actions that are happening at the time of game. Many things are put in the scope of attention and raise the scope. Second, selective -attention ability becomes strong. The child will be able to choose the stimulus that is needed for his or her distracting surrounding stimuli and will not be distracted by everything. Thirdly, while security boy are looking for hidden boys he has to put his attention one object to another object fast. For, there are so many thing child must pay attention. Moving one thing to another will intensify attention speed and mobility. Fourthly, this game improves the child's ability to be patient. On playing time children have to be silent for a while in the place where children are hiding. If hidden child does actions actively, security boy will notice him and he will be defeated. By playing this game, the child's excessive motions will be broadened and the child does all actions voluntarily. These voluntarily movements will lead to change behavior pattern.

#### 2.4 The national games influence on perception

Perception can be defined as our recognition and interpretation of sensory information. Perception also includes how we respond to the information. We can think of perception as a process where we take sensory information from our environment and use that information in order to interact with our environment (Y. Williams, 2014). Preschoolers' perception has been shaping and it is not adequate to process the information correctly. At this time, he or she begins to perceive colors, surroundings and outside the world. The game enhances the child's visual perception. The game is made up of colorful items, various shapes or group of people and these activate child's hearing and vision ability. For example, the game called "Find me" is beneficial for enrich features of perception. This game is very interesting and upgrade child's mood. According to the roles of game the one of the participants' eyes are bound. He should not see anything and it is essential that he keeps the children within the specified area. Other participants emit sound "ku-ku" during the game. The child's hearing power deepens to identify the sounds. By perceiving the sounds he names the child's name and differ the child's voice. It also enhances the ability of the child to perceive outdoors and action while seeing nothing. Furthermore, the distance can be understood by the kinesthetic through air vibrations. If the child plays the game regularly, the ability to perceive motion, sounds and distance is increased. In addition, the "five-stone" game allows you to perceive movement and weight. In terms of the game roles, one of the five pieces of stone should be rolled up and down one of the remaining stones until it falls. The game is played only by one hand. It requires attention, perception and subtlety. The child manages the distance by moving the movement, based on the weight of the stone. The child has to pay attention to rock on the sky and on the ground. Performing the game remotely perceives the distance. This game expands choices of perception and attention.

# 2.5 The national games effect on memory formation

Memory is the process of maintaining information over time (Matlin, 2005). The active formation of human memory begins at the age of three. It is one of the most a precious gift to human ever created by the Creator. Without memory we can not remember the day before yesterday. The memory is placed on the cerebral hemispheres and if necessary, is restored. There are three major ways in which information can be encoded (visual, acoustic, semantic). One of the popular Uzbek games "bayt-barak" helps to raise the memory of the child. In this game two children from the children's team compete with telling poems as standing face to face. Depending on the game's condition, the poem will not be returned for the second time. And, when the end of the poem first participant told ends with the letter, second participant should begin the poetry with the same letter. The children will continue telling poems the last letter of first child's poem. This game increases child's long term memory. There are also games like lapar, telling riddles and proverb which fix memory. During the game many poems are memorized. As a result, the child is able to remember and have a fast memory. It is also included in textbooks to memorize poems in schools for children's memories to expand. While memorizing poetry, the logic and the mechanical memory of the child develop.

#### 2.6 Enhancing language opportunities by playing game "Zoo[ zu:]"

From Vygotsky's viewpoint, language plays two critical roles in cognitive development, by (1) serving as the primary vehicle through which adults pass culturally valued modes of thinking and problem solving to their children, and (2) eventually becoming one of the more powerful "tools" of intellectual adaptation in its own right (David R. Shaffer and Katherine Kipp, 2010). Language is a system of symbols and rules that is used for meaningful communication. However language does not come about by itself. Fluency in language also depends on vocabulary, pronunciation, accent, intonation and articulation of speech. The child may not pronounce some sounds in speech development. Their correction is done through special exercises. Among the Uzbek national games there is such a game that will make the child's language beautiful. The game called "Zoo [zu:]" greatly contributes to improving speech articulation. The game is played as a team. According to the game, one of the children throws a stick at the specified distance, when the chosen boy pulls the stick from the place where he is going to join the team, he shouts at one as "Zoo[zu:]". If he breathes or stops, he loses. Long and repeated play throughout the game speech articulation will be enhanced. Children are often bored with exercising to make speech perfect. If the child plays in the same way as above, he or she will be able to adjust his or her language deficiency to perfect speech. The above mentioned "bayt-barak" game ensures the richness of the child's vocabulary.

#### 2.7 Riddles boost children's thinking ability

Thinking is the cognitive activities human use to process information, solve problems, make decision, creates new ideas by interpreting language. It is a complex process of cognition. We use thinking decide what to do at any situation. There are several different types of thinking or ways to think. They are creative thinking, analytical thinking, critical thinking, concrete thinking, abstract, convergent, divergent,

sequential and holistic thinking. We try to improve thinking of children from early age in order to be problem solvers in the life situations. Preschoolers' thinking operations have not formed yet. There are so many methods to enrich thinking ability. One of the Uzbek national games is telling riddles to upgrade children's thinking. Riddles can help children grow ways of thinking or operations. When we tell riddles to child, he or she tries to form associations, link ideas, and think, to be creative and make conclusions. Riddles are important to develop their creative and analytical thinking ability as they grow. Surely, it is a great source of entertainment for children. Children are told so many riddles by their parents, sibling or other people. And, children also tell riddles each other. What can riddles do to grow thinking ability? Here are some examples:

- Boost memory speed and processing
- Improve brain activity and concentration
- Help to analytical, divergent and abstract thinking
- Develop creativity
- Expand their vocabulary
- Provide a source of entertainment and sense of accomplishment
- To bond with children

Give me wood and I will live

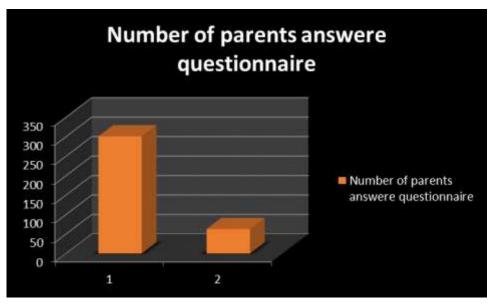
Give me water and I will die

If children are told a riddle, they will remember what is wood and water. They represent their features. The first thing comes to their mind is symbols and mental representations of thing in riddle. They analyze the word and try to connect their features to symbols in their memory. Then, they make decision and tell the answer. Searching the answer is based on critical thinking and problem solving skills. At last not least, riddles have been shown to become better children's comprehension and logical thinking.

#### 3. METHODS

The National games are not being played in the urban region of Uzbekistan. However, people of rural region have not forgotten yet. They have been teaching them to their young generation. To define the level of playing the National games we have conducted survey by using self-report and 364 families of rural area answered questionnaire. According to questionnaire, parents have answered question "Do your children play Uzbek National games?" they have to choose "Yes" or "No".

## 4. RESULTS



The result is reported in fig 1. In the first column present parents who chose "No" answer and the second illustrates answered "Yes". Research was conducted in rural region of Fergana valley. 82,7 percent of participants choice was "No" and 17,3 percent was "Yes". Even, in the rural areas of Uzbekistan the National games do not place in many children's games activity.

#### 5. DISCUSSION

The purpose of this study was to explore contribution of Uzbek National games to children's cognitive development and the level of playing them among children. In my study, I gave above some kind of our national games and interpret their advantages over perception, attention, memory, language and thinking skills. In fact, physical games are count as an activity to form children physically and mentally. Until recent year, children were in both rural and urban area played our national games. However, in terms of study result 17, 3 percent of participants claim that their children play some national games. Many games have being forgotten in people life. More and more children are becoming addicted to TV, computer, Internet and other kind of technical games or tools day by day. As mentioned above, people should teach physical games to their young generation. By this, children can take profits from playing games and parents could control their free time with useful relaxing games. What's more, playing physical games with peers gives chance to gain interpersonal skills such as making friendship, interaction with people, perceiving self and others.

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